Uncage Your Emotions

HOW TO OWN WHO YOU ARE
IN THE MIDDLE OF YOUR MESS

CURIOSITY



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By being curious, you set aside your agenda in an attempt to understand and relate with what the other person's **point of view** may be.

Think about the last time you had conflict with someone important in your life. Did you head in with an open mind, curious of what their perspective is, asking to learn more to understand their point of view? Or did you do what most of us naturally do; Head into the conflict armed with all the reasons **you** are right?

Dr. Brené Brown, researcher and social worker defines curiosity as an act of vulnerability and courage. She states, "Curiosity is uncomfortable because it involves uncertainty and vulnerability. We're scared to have hard conversations because we can't control the path or outcome, and we start coming out of our skin if we don't get to a resolution fast enough."

Let's dig in by asking questions.

For example:

You notice your partner has become quiet, and has a concerned look on their face.
In that moment, when you assume they are concerned, you want to ask about it.

"I'm noticing you have a concerned look on your face, are you ok?"

Vs. just acting like they are concerned and trying to fix it by taking care of them or completely avoiding them.

Assumptions left unchecked interfere in relationships. Let's reflect on this.

Write below a time when you assumed:

_____

_____

_____

What questions could you have asked instead?

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